

SEPTEMBER 2025

Child Development Center

MARINE & Family
Child and Youth Programs

Monday

Happy Holiday

Centers Closes

Week 3

Tuesday

English Muffin w/Cheese,
Mandarin Oranges, Milk

Kalua Pork & Cabbage, **Brown Rice**,
Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Wednesday

Cream of Wheat, Peaches, Milk

Turkey & Cheese Sandwich on Whole Grain Bread, Lettuce & Tomato, Apple Slices, Milk

Cucumber Slices w/ Ranch, **Wheat Thins** &
Water

Assorted Crackers, Water

Thursday

Sweet Bread Toast, Banana, Milk

Shepherd's Pie, Mashed Potatoes, **Whole Grain Bread**, Broccoli, Pear, Milk

Raisin Bread, Cream Cheese, Apple Juice, Milk

Vanilla Wafers, Water

Friday

French Toast, Applesauce, Milk

Egg Salad Sandwich on Whole Grain Bread,
Lettuce & Tomato, Oranges, Milk

Chic N Biskit Crackers, Melon slices, Water

Cheese Nips, Water

Multi-Grain Cheerios, Diced Pears, Milk

Fish Patty w/Tartar Sauce, **Brown Rice**, Mixed
Veggies, Pineapple Chunks, Milk

Ritz Crackers, Cheese Slices, Water

Saltine Crackers, Water

Week 4

Oatmeal, Mixed Fruit, Milk

Corned Beef Sandwich on **Whole Grain Bread**,
Lettuce, Tomato, Banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Crackers, Water

Rice Chex, Mandarin Oranges, Milk

Chicken Strips, **Brown Rice**, Broccoli, Apple
Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Waffles, Melon Slices, Milk

Meat Loaf, Mashed Potatoes, **Whole Grain Bread**,
Mixed Fruit, Milk

Graham Crackers, Yogurt, Water

Cheese Nips, Water

Raisin Bread, Cream Cheese, Banana,
Milk

Ham & Cheese Wrap w/Whole Grain Tortilla,
Lettuce, Tomato, Orange Slices, Milk

Carrot Sticks w/Ranch Dressing, Wheat Thins,
Water

Chicken N Biskit Crackers, Water

Kix Cereal, Mixed Fruit, Milk

Chili w/**Brown Rice**, Corn, Oranges, Slices,
Milk

Saltine Crackers, Peaches, Water

Teddy Graham, Water

Week 5

Bagels & Cream Cheese, Pineapple
Chunks, Milk

Chicken Patty Sandwich on **Whole Grain Bun**,
Lettuce, Tomato Applesauce, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Sausage Patties, Biscuits & Peaches,
Milk

Sunbutter & Jelly Sandwich on Whole Grain Bread,
Carrot Sticks, Banana Milk

Taco Chips/Soft Tortilla, Cottage Cheese,
Salsa, Water

Ritz Crackers, Water

Oatmeal, Pears, Milk

Chicken Nuggets, French Fries,
Mixed Fruit, **Whole Grain Bread**, Milk

Cheese It, Pineapple, Water

Graham Crackers, Water

Whole Grain Cinnamon Toast,
Orange Slices, Milk

Spaghetti with Meat Sauce, Tossed Salad,
Melon, Bread Sticks, Milk

Goldfish Crackers, Pear Slices, milk

Vanilla Wafers, Water

Kix Cereal, Mandarin Oranges, Milk

Chicken Nuggets, **Brown Rice**, Corn/Carrots,
Pineapple Chunks, Milk

Ritz Crackers, Sliced Cheese, Water

Graham Crackers, Water

Week 1

Whole Grain-Cinnamon Toast,
Applesauce, Milk

Beef & Macaroni, Broccoli, Orange Slices,
Milk

Bagels, Cream Cheese, Grape Juice/Milk

Saltine Crackers, Water

Biscuit w/Jelly, Banana, Milk

Turkey Sandwich on Whole Grain on Bread,
Lettuce, Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

English Muffin w/Cheese,
Pineapple, Milk

Chicken & **Brown Rice**, Mixed Vegetables,
Mandrin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Corn Chex Cereal, Peaches, Milk

Grilled Ham & Cheese on Whole Grain Bread,
Pear Slices, Veggie Sticks, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

Cheerios, Peaches, Milk

Macaroni & Cheese w/Ham, Green Bean,
Mixed Fruit, Milk

Cottages Cheese, Pineapple, Water

Wheat Thin, Water

Week 2

Yogurt & Granola, Banana, Milk

Beef/Cheese & Rigatoni, Broccoli, Peaches
Whole Grain Bread, Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

Breakfast:

1-2

3-5

6+

Lunch

1-2

3-5

6+

Snack

1-2

3-5

6+

Milk
Grain
Fruit

1/2 cp
1/2oz.
1/2 oz.

3/4 Cp
1/2oz. Eq.
1/2 oz. Eq.

1cp
1 oz. Eq.
1 oz. Eq.

Milk
Grain
Fruit

1/2 cp
1/2 oz.
1/2 cp.

1/2 cp
1/2 oz.
1/2 cp.

1cp
1 oz. Eq.
1/2 cp.

Milk
Grain
Fruit

1/2cp
1/2 oz.
1/2 cp

3/4cp
1/2 oz Eq
1/2 cp

1cp
1 oz Eq
3/4cp

2 oz

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